



Helene Madison

POOL

FALL 2006



Things to Know

- Pool Dimensions: Shallow pool is 15yd x 15yd & Lap pool is 25yd x 15yd
- Water Temperature: 85° F
- 72 lengths = 1 mile
- Served by Metro buses 316, 345, and 346
- Pool lift and portable steps for non-ambulatory patrons
- Family Changing room available
- Pool closed 9/4, 11/10, 11/23, 11/24, 12/25, 1/1/07.
- Children 6 years and older must use the appropriate gender locker room.
- Children under 4 ft. tall and/or under 6 years old must have an adult with them at all times in the water.
- We accept MasterCard, Visa, and American Express
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Please no glass containers.



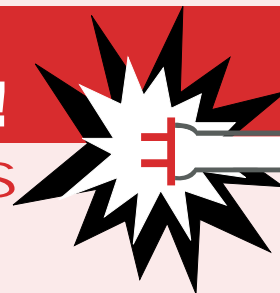
Helene Madison, three-time Olympic Gold Medal Winner, exiting airplane, 1930.

Serving the Community for 35 years

13401 Meridian Ave. N Seattle, WA 98133 ♦ 206-684-4979 ♦ Fax 206-417-3136
www.seattle.gov/parks/Aquatics/madisonpool.htm



REGISTER ONLINE—it's easy!
www.seattle.gov/parks



SPARC

Helene Madison Pool

13401 Meridian Avenue North
Seattle, WA 98133
Phone: 206-684-4979 Fax 206-417-3136

Visit us online!

www.seattle.gov/parks/aquatics/madisonpool.htm

Hours of Operation/Cashier Available

Sunday	10:30 a.m. – 6 p.m.
Monday – Thursday	Noon – 8:30 p.m.
Friday	Noon – 8 p.m.
Saturday	Pool Closed

Holiday Closures

Monday, September 4, Labor Day
Friday, November 10, Veterans' Day Observed
Thursday, November 23 and Friday, November 24,
Thanksgiving Holiday
Monday, December 25, Christmas Day
Monday, January 1, New Year's Day

Program Registration

See page 5.

Program Dates

September 5 to December 31, 2006

Professional Staff

Ken Bounds, *Superintendent*
Christopher Williams, *Operations Director*
Kathy Whitman, *Aquatics Manager*
Patsy Siegismund, *Senior Aquatics Coordinator*
Peter Brodtkin, *Aquatic Center Coordinator*
TBA, *Assistant Aquatic Center Coordinator*
Kerrie Stoops, *Senior Lifeguard*
Erin Wallace, *Senior Lifeguard*
Rachel Leitner, *Senior Lifeguard*
Emily Tillery, *Senior Lifeguard*
Nick Bautista, *Lead Cashier*
Pamela Wilson, *Cashier*
Paul Casler, *Pool Operator*

Registration

You can pay for classes and other activities online (see SPARC information on page 4), in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle.
Please Note: Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee,

whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Low Income Program

The City of Seattle and Madison Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation is required and you must be a Seattle resident to qualify for the low income rate.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded. (See refund policy.)

You can make a difference!

Madison Pool Advisory Council is a group of citizens dedicated to the enrichment of our community.

Our Advisory Council is always looking for new members. Meetings are held once a month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success.

Swimming Pool Rentals

Have a Swimming Birthday Party or a pool Baptism!

We rent Madison Pool for special occasions! The pool is available for rentals Saturdays from 11:30 a.m. to 2 p.m. and from 5 to 8 p.m., Sundays before 10:30 a.m. or after 6 p.m., and weeknights after 8:30 p.m.

Fees begin at \$120 for a one-hour pool rental for up to 30 people. Pool rentals for over 30 people in the pool require additional lifeguards and additional fees will be charged per additional lifeguard.

We also rent the lobby for \$60 per hour when the pool is closed or \$40 per hour when the pool is open.

Payment required to hold reservation.

For more information, call 206-684-4979 during operating hours or visit our web site at www.seattle.gov/parks/aquatics/madisonpool.htm.

2006 Fees and Charges

Recreation Swim Prices

Children under 1 year	Free
Youth (Age 1 – 17)	\$2.75
Adult (Age 18 – 64)	\$3.75
Senior Adults (Age 65+)	\$2.75
Special Populations/ADA	\$2.75

Fitness Prices

Adult Fitness	\$4.75
Sr/Youth/ADA Fitness	\$3.00

Other Fees

"Just a Shower"	\$3.75
Towel Rental	50¢
Coin-Operated Locker	25¢
Goggles	\$4 – \$9
Caps	\$4 – \$8
Swim Diaper	\$1.50

Swim Passes

Recreation Swim Card	\$20.00
((\$22 value!))	
Fitness Swim Card	\$30.00
((\$33 value!))	
Adult FAST Pass	\$45.00
Youth/Senior/Special Pops	
FAST Pass	\$35.00

Patrons are required to pay in advance for each program they attend. Fees subject to change.

Swimming a lot and tired of carrying cash?
Consider a swim card — Good at all City pools!



Fitness Swim Cards

For \$30, you get \$33 worth of admissions to any Water Aerobics, Masters, or Deep Water Exercise Class.



Recreation Swim Cards

\$22 worth of admissions to Public, Family, Lap, and Adult Swims!

Swim Cards are non-refundable. Please present your card to the cashier for admission.

Coming to the pool more than three times a week?
Consider a F.A.S.T. Pass — Good at all City pools!



F.A.S.T. Passes

One month of unlimited admission to all pool fitness and recreation programs. *Please present your card to the cashier and sign in for admission. F.A.S.T. Passes are non-refundable and non-transferable.*



Spring 2006 Swim Lesson Information

Fall 2006 Swim Lesson Times

Class	Mon	Tue	Wed	Thu ¹	Fri ²	Mon/Wed	Tue/Thu ¹	Sun
Tots 6 mos.-4 yrs.	1-1:30 p.m.	6:30-7 p.m.		6:30-7 p.m.				11:30-Noon
3 Year Olds	5:30-6 p.m.		1-1:30 p.m.				5-5:30 p.m.	
Kinders (K)	6-6:30 p.m.	2:30-3 p.m.	6-6:30 p.m.		5-5:30 p.m.		5:30-6 p.m.	2:30-3 p.m.
Beginning Youth (Y)	6:30-7 p.m.	2-2:30 p.m.	5:30-6 p.m. 6:30-7 p.m.	2-2:30 p.m.	5:30-6 p.m.		6-6:30 p.m.	2-2:30 p.m. 3-3:30 p.m.
Advanced Youth (A)	7:30-8 p.m.	2-2:30 p.m.	7:30-8 p.m.	2-2:30 p.m.			6:30-7 p.m.	3-3:30 p.m.
Special Pops	5-5:30 p.m.		5-5:30 p.m.					
Adults/ Seniors	7-7:30 p.m.		7-7:30 p.m.					
¹ Pool closed Thursday, November 23 (Thanksgiving) ² Pool closed November 10 and November 24								

Helene Madison Pool Lesson Session Dates and Registration Schedule

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed	Sep 11 to Oct 25	Online August 14*	14	\$70 (\$112 3 Yr Olds)
I Tue/Thu	Sep 12 to Oct 24	Online August 14*	13	\$65
II Mon/Wed	Oct 30 to Dec 13	Online August 14*	14	\$70 (\$112 3 Yr Olds)
II Tue/Thu ¹	Oct 31 to Dec 14	Online August 14*	13	\$65
Mondays	Sep 11 to Dec 11	Online August 14*	14	\$70 (\$112 3 Yr Olds)
Tuesdays	Sep 12 to Dec 12	Online August 14*	14	\$70
Wednesdays	Sep 13 to Dec 13	Online August 14*	14	\$70 (\$112 3 Yr Olds)
Thursdays ¹	Sep 14 to Dec 14	Online August 14*	13	\$65
Fridays ²	Sep 15 to Dec 15	Online August 14*	12	\$60
Sundays	Sep 10 to Dec 10	Online August 14*	14	\$70

¹ No lessons Thursday, November 23 (Thanksgiving)

² No lessons Friday, November 10 (Veterans' Day) and Friday, November 24 (Day After Thanksgiving)

*Online Registration begins August 14 at 7 a.m.

Registration for Fall 2006 will be online and first-come, first-served for anyone who is already registered for SPARC. Staff will be at the pool beginning at Noon.

You can find the SPARC page at <http://egov1.seattle.gov/parks>.

Swim Lessons

Tot Swim Lessons 6 mos. to 3 yrs.

Developed for children 6 months to 3 years of age; builds swimming readiness by emphasizing fun in the water. Instructors teach the parents to work with their children in the water. Children learn water adjustment and movement exploration in the pool. All small children are required to wear a "swim" diaper or plastic pants under their suits in the pool. **All children must be accompanied into the pool by a responsible adult, parent, or guardian.**

#10023	Sun 11:30 – Noon	9/10 – 12/10	\$70
#10024	Mon 1 – 1:30 p.m.	9/11 – 12/11	\$70
#10025	Tue 6:30 – 7 p.m.	9/12 – 12/12	\$70
#10026	Thu 6:30 – 7 p.m.	9/14 – 12/14	\$65
No lesson 11/23			

Three Year Old Lessons

Small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety. Participants are required to complete one session of Tot Swim Lessons before registering for this class. They must feel comfortable in the water and be able to learn independently from their parent. Maximum ratio 3:1 per class.

#10019	TTh 5 – 5:30 p.m.	9/12 – 10/24	\$104
#10020	TTh 5 – 5:30 p.m.	10/31 – 12/14	\$104
#10021	Wed 1 – 1:30 p.m.	9/13 – 12/13	\$112
#10022	M 5:30 – 6 p.m.	9/11– 12/11	\$112

Kinder Swim Lessons Ages 4 to 6

Water adjustment and basic skills for children 4 to 5 years old divided into 4 skill levels. These classes help build your child's confidence and provide a solid foundation for more advanced classes.

#10010	Sun 2:30 – 3 p.m.	9/10 – 12/10	\$70
#10011	Mon 6 – 6:30 p.m.	9/11 – 12/11	\$70
#10012	Tue 2:30 – 3 p.m.	9/12 – 12/12	\$70
#10014	TTh 5:30 – 6 p.m.	9/12 – 10/19	\$65
#10016	TTh 5:30 – 6 p.m.	10/31 – 12/14	\$65
No lesson 11/23			
#10013	Wed 6 – 6:30 p.m.	9/13 – 12/13	\$70
#10015	Fri 5 – 5:30 p.m.	9/15 – 12/15	\$60
No lesson 11/10, 11/24			

Beginning Youth Lessons Ages 7 to 18

Beginning youth swim lessons in three skill levels. These classes will build skills, teach safety and encourage fitness. Children can move into Advanced Youth classes at the completion of level 3.

#9989	Sun 2 – 2:30 p.m.	9/10 – 12/10	\$70
#9995	Sun 3 – 3:30 p.m.	9/10 – 12/10	\$70
#9996	Mon 6:30 – 7 p.m.	9/11 – 12/11	\$70
#9999	Tue 2 – 3:30 p.m.	9/12 – 12/12	\$70
#9998	TTh 6 – 6:30 p.m.	9/12 – 10/24	\$65
#10009	TTh 6 – 6:30 p.m.	10/31 – 12/14	\$65
No lesson 11/23			
#10002	Wed 5:30 – 6 p.m.	9/13 – 12/13	\$70
#10000	Wed 6:30 – 7 p.m.	9/13 – 12/13	\$70
#10005	Thu 2 – 2:30 p.m.	9/14 – 12/14	\$65
No lesson 11/23			
#10008	Fri 5:30 – 6 p.m.	9/15 – 12/15	\$60
No lesson 11/10, 11/24			

Advanced Youth Lessons Ages 7 to 18

American Red Cross Learn to Swim Advanced Lessons divided into three levels which include the refinement of skills already learned; the introduction of more advanced stroke work; and the opportunity to increase ease, efficiency, power, and smoothness over greater distances. Prepares students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses.

#9978	Sun 3 – 3:30 p.m.	9/10 – 12/10	\$70
#9980	Mon 7:30 – 8 p.m.	9/11 – 12/11	\$70
#9982	Tue 2 – 2:30 p.m.	9/12 – 12/12	\$70
#9981	TTh 6:30 – 7 p.m.	9/12 – 10/24	\$65
#9987	TTh 6:30 – 7 p.m.	10/31 – 12/14	\$65
No lesson 11/23			
#9983	Wed 7:30 – 8 p.m.	9/13 – 12/13	\$70
#9986	Thu 2 – 2:30 p.m.	9/14 – 12/14	\$65
No lesson 11/23			



Swim Lessons

Special Pops Lessons

Ages 6+

30-minute swim lessons for participants with special needs. Participants may be placed in a small group lesson or receive 1:1 instruction based on individual needs.

#10017 Mon 5 – 5:30 p.m. 9/11 – 12/11 \$70

#10018 Wed 5 – 5:30 p.m. 9/13 – 12/13 \$70

Adult Swim Lessons

Ages 15+

All levels of instruction for ages 15 years old and older. Lessons are structured around the needs of the participants.

#9975 Mon 7 – 7:30 p.m. 9/11 – 12/11 \$70

#9976 Wed 7 – 7:30 p.m. 9/13 – 12/13 \$70

Private Swim Lessons

Half-hour 1:1 private or 2:1 semi-private lessons allow for customized instruction to meet individual needs. Other times may be available if instructors can be scheduled. *Payment required to register. Private 1:1 lessons can be scheduled for the whole session or for individual dates.* Call Madison Pool at 684-4979 for further information.

1:1 half-hour lesson \$25 each class

2:1 half-hour lesson \$35 each class



Through the Pro Parks Levy, Seattle citizens voted to provide funding for one *free* session of swimming lessons per year for all third and fourth grade students who live in Seattle. This program is available to each child regardless of ability.

For more “Learn to Swim” information, please call Madison Pool at 206-684-4979 or visit the web at www.seattle.gov/parks/aquatics/learntoswim.htm.



Water Fitness

Water Fitness Information

Water Fitness classes are year-round, drop-in programs. Individuals can either pay the class fee (\$4.75 for Adults; \$3 for Seniors/Youth/ADA); purchase a Fitness Ticket for \$30; or purchase a F.A.S.T. Pass

(\$45 for Adults or \$35 for Youth/Seniors/ADA).

Please see page 3 for more info.



Arthritis Water Exercise \$3/class

The Arthritis Foundation Aquatic Program is a recreational exercise class conducted in a heated pool. This program provides an opportunity for people with arthritis to network and have fun. Participants are led by a trained instructor through a series of exercises, which use the water's buoyancy and resistance to help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. Anyone with movement limitations are welcome. It is not necessary to know how to swim. A completed participant application form with a Doctor's release is required to participate.

Tue/Thu 1 – 2 p.m.

Water Exercise \$4.75/\$3.00

An exercise program in shallow water that incorporates aerobics, strengthening, stretching and flexibility techniques. This class is done to music. No swimming is required.

Sundays 10:30 – 11:30 a.m.

Mon/Wed Noon – 1 p.m.

Tue/Thu 7 – 8 p.m.

Hydro-Fit Deep Water Exercise \$4.75/\$3.00

A non-impact, deep-water class that incorporates muscular strengthening, aerobic conditioning, and abdominal toning exercises. This suspended deep-water class uses flotation equipment for buoyancy and water resistance. This class is done to music.

Mon/Wed 8 – 8:45 p.m.

Tue/Thu Noon – 12:45 p.m.

Aqua Jogging \$4.75/\$3.00

Aqua Jogging is a non-impact exercise program held in the deep end of the pool designed to give the participant an aerobic workout while developing muscle tone and endurance. A flotation belt is used to keep the head above the water; however, participants should be comfortable in deep water. The class is led by an instructor and is done to music.

Fridays Noon – 12:45 p.m.

Adult Masters Workout \$4.75/\$3.00

A coached workout for the experienced swimmer. Focus is on speed, strength, and endurance.

No registration is required, drop-in admission.

Ages Adults

Sundays 10:30 – 11:30 a.m.

Tue/Thu 7 – 8 p.m.

Lap Swim \$3.75/\$2.75

A recreational swim for adults ages 18 years and over. Four lap lanes are available. A two-lane area is open for personal fitness or rehab exercises, except Monday and Wednesday from 6:30 to 7:30 p.m. and Sunday from 11:30 a.m. to 1 p.m. when all six lanes are reserved for lap swimming. *Tuesdays, Thursdays, and Fridays from Noon to 1 p.m., the deep end of two lanes will be closed for Deep Water Exercise Classes.*

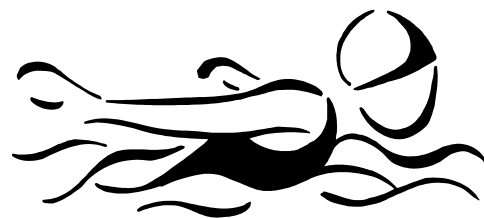
Sundays 11:30 a.m. – 1 p.m.

Sundays 5 – 6 p.m.

Mon – Fri Noon – 2:30 p.m.

Mon/Wed/Fri 6:30 – 7:30 p.m.

Tue/Thu 8 – 9 p.m.



Recreational Swimming



Public Swim

This a recreational swim for all ages. **Children under 4 feet tall and/or under 6 years old must be accompanied by an adult into the water and remain within arms length of the adult at all times.**

Sundays 1 – 2 p.m.

Mon, Wed 8 – 9 p.m.

Fridays 7 – 8 p.m.

**Fees: \$2.75 Youth/Sr/ADA;
\$3.75 Adults**

Pool Playland

The shallow end of Madison Pool is open to infants and children under the age of 6 accompanied by an adult. A great time for moms and dads to accompany their young ones into the pool. All of the pool's toys and floatation devices will be available for your use. All children must be accompanied by a responsible adult in the water.

This is a drop in-program, no registration is required. Children in the Tots class immediately before this program are encouraged to stay. However, a separate admission fee is required.

Sundays Noon – 1 p.m.

Fees: \$2.75 for children; \$3.75 for adults; children under 1 are free

Family Swim

A great time for families to play together. Children must be accompanied into the water by a responsible adult. Flotation toys are allowed in the shallow end at the lifeguard's discretion. ***Youth under 18 years of age must be accompanied into the pool by an adult.***

Fees: \$3.75 Adults; \$2.75 Youth/Sr/ADA

Fridays 6 – 7 p.m.
Shallow end only

Sundays 3:30 – 6 p.m.
Shallow end only from 5 to 6 p.m.



Fall 2006 Schedule

September 5 to December 31, 2006

Monday & Wednesday

5:00 – 7:45 a.m.	Swim Teams	2:30 – 6:30 p.m.	Swim Teams
7:45 a.m. – Noon	Seattle Public Schools	5:00 – 8:00 p.m.	Lessons
Noon – 2:30 p.m.	Lap Swim ¹	6:30 – 7:30 p.m.	Lap Swim ²
Noon – 1:00 p.m.	Water Exercise	8:00 – 8:45 p.m.	Hydro-Fit
1:00 – 1:30 p.m.	Lessons	8:00 – 9:00 p.m.	Public Swim

Tuesday & Thursday (Pool closed November 23)

5:00 – 7:45 a.m.	Swim Teams	2:30 – 6:30 p.m.	Swim Teams
7:45 a.m. – Noon	Seattle Public Schools	5:30 – 7:00 p.m.	Lessons
Noon – 2:30 p.m.	Lap Swim ³	7:00 – 8:00 p.m.	Masters Workout
Noon – 12:45 p.m.	Hydro-Fit	7:00 – 8:00 p.m.	Water Exercise
1:00 – 2:00 p.m.	Arthritis Exercise	8:00 – 9:00 p.m.	Lap Swim ¹
2:00 – 3:00 p.m.	Lessons		

Friday (Pool closed November 10 and November 24)

5:00 – 7:45 a.m.	Swim Teams	5:00 – 6:00 p.m.	Lessons
7:45 a.m. – Noon	Seattle Public Schools	6:30 – 7:30 p.m.	Lap Swim ¹
Noon – 2:30 p.m.	Lap Swim ³	6:00 – 7:00 p.m.	Family Swim
Noon – 12:45 p.m.	Aqua Jogging		(shallow end only)
2:30 – 6:00 p.m.	Swim Teams	7:00 – 8:00 p.m.	Public Swim (shallow end only until 7:30)

Sunday

10:30 – 11:30 a.m.	Masters	1:00 – 2:00 p.m.	Public Swim
10:30 – 11:30 a.m.	Water Exercise	2:00 – 3:30 p.m.	Lessons
11:30 a.m. – 1 p.m.	Lap Swim ²	3:30 – 6:00 p.m.	Family Swim (shallow end only 5 – 6 p.m.)
11:30 a.m. – Noon	Tots Lessons	5:00 – 6:00 p.m.	Lap Swim ¹
Noon – 1 p.m.	Pool Playland (shallow end only)		

¹4 lanes available for lap swimming and 2 open lanes for other kinds of exercise.

²All 6 lanes available for lap swimming.

³Tuesdays, Thursdays, and Fridays from Noon to 1 p.m., the deep end of the open lanes will be closed for deep water exercise classes.

Volunteer Swim Instructor Aide

Looking for a way to give back to the community or earn community service hours for high school credit? We are looking for people who can commit to a 1½ hour block of time once or twice a week during our lesson program. All volunteers must complete a background check and go through a volunteer orientation. Call 206-684-4979 for more information.

Pre-requisite: Must be at least 14 years old and have passed American Red Cross swim lesson levels 1 – 6.